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Lintmeijer, L.L.

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Power in Rowing

In search of effective feedback variables



Lotte L. Lintmeijer



Lotte Lintmeijer was born on September 21, 1986 in Utrecht, The Netherlands. In 2005 she started her bachelor “Psychology” in Utrecht. During her bachelor she followed an honours track in Social Psychology. With her broad interest in international social issues, psychology and research, she decided to follow a minor in “International Development Studies”, including a second bachelor thesis on the communication between children and parents in rural Southern India. Her interest for methods and statistics let her decide to do a research master on “Social and Health Psychology”.

During her studies she was a “full-time” steersman and coach at a student rowing club. This is where her interest in the relation between human’s physical and mental performance has arisen. She did her master thesis on the effects of sports on anxiety and depression under the supervision of dr. Jan Houtveen. As a side job, she analysed the clinical effectiveness of long-term treatment on the quality of life of patients with severe somatoform disorder at Altrecht, Utrecht. After her master, she worked on research on unexplained physical complaints at the University of Birmingham, England

In November 2013, Lotte started her PhD project on optimisation of propulsion in rowing and swimming, of which the rowing part is described in this thesis. The project was a collaboration of the TU Delft, TU Eindhoven, Vrije Universiteit Amsterdam, and the Dutch rowing and swimming federation (KNRB and KNZB, respectively). It was funded by the Netherlands Organization of Scientific Research (NWO). During the project Lotte collaborated with several commercial parties and (applied) Universities. The project gave her the opportunity to improve her mathematical skills, while learning more about biomechanics and programming. She currently works as a data scientist and analyst, with a focus on sports and health.